



RG Integration

**Meet others in a similar situation and
be inspired to live an active life.**

Through the Active Rehabilitation method

You meet peer mentors with spinal cord injuries or similar disabilities. You get tools to manage your everyday life, both physically and mentally. You learn more about your situation and what strengths you have. The purpose of it all is to be able to live an active and independent life.

RG Integration – the project

The purpose of the project is to give migrants with spinal cord injuries and similar disabilities knowledge about their situation, access to Active Rehabilitation and to enable integration into society. The project also targets civil society, the public sector and authorities in contact with migrants.

All activities in the project are free of charge.

Do you want to be a part?

If you are over 15 years old, a migrant and use a wheelchair or have reduced walking ability, or if you are a relative, please contact us. Contact can be made in your native language.

If you want to know more about the project, become a partner, or participate as an interpreter, peer mentor or in other ways, please contact us.



Elin Goude Öhgren
Telefon: 0736-49 96 55
elin.goude-ohgren@rgaktivrehab.se

Project manager

Madelaine Bille
Telefon: 0704-09 34 99
madelaine.bille@rgaktivrehab.se

Development- and Recruitment coordinator

Tina Toller
Telefon: 0793-48 41 68
tina.toller@rgaktivrehab.se

Programme coordinator

Maila Lauronen
Telefon: 0760-22 90 54
maila.lauronen@rgaktivrehab.se

Education coordinator

Revan Hana
Telefon: 0793-41 04 59
revan.hana@rgaktivrehab.se

Target group coordinator
Arabic speaking

Abdirahman Ugas
ugas10@gmail.com

Peer mentor
Arabic/Somali-speaking

Read more about us here



RG Integration



rgintegration

www.rgintegration.se

Quotes from participants

"It was valuable and fun to meet others in a similar situation, it gave me new hope for the future and new friends and sports I love."

